Lester Levenson Fireside Chat

[Speaker 11] (0:03 - 0:18)

The following recordings were made by Lester Levinson in 1974. He's talking about freedom, so listen with your heart.

[Speaker 1] (0:20 - 25:48)

It's a good starting point to warn you on this point. There are seven sheaths, or rather five sheaths that they talk about in the Eastern teachings. The physical body sheath.

Five sheaths that cover our infinite being. There's the physical sheath, there's the prana energy sheath, there's the mental sheath, there's the discriminative aspect of mind sheath, and the last sheath is called the bliss sheath. Do you want to close that door so we don't hear that phone?

Now in all my years I've seen everyone fail to get through the bliss sheath. It's called the Ananda sheath. They get to a place where life is nice and easy.

Their relationships with their friends become nice. Their businesses are all good. And then they say and they feel, well, I'm going to really keep it going this way.

And you can't. When you try to keep your joy coming from the world, you're going to reach a point where you feel as though the whole sky and world is falling on you. There was a whole group in California that some of you know, who reached this bliss state where everything was roses and honey, everything was going beautifully.

And I warned them, move above this now, and they wouldn't. They try to keep it coming, and the vast majority of them went through terrible catastrophes since. There is no such thing as an all good world.

If it's a world, it cannot be good. We have to transcend this world. And I'm giving you a warning now that when you get into this Ananda sheep, this bliss sheep, where everything falls into line so beautifully for you in the world, do not stop there, but just go the next step beyond it, and then you're free.

And all your joy is only in your being. Your joy is not coming from the world anymore. The world is no more a beautiful, heavenly, harmonious place for you.

You are the joy. You are the happiness. You're not taking it from the world anymore.

You've got to break through that bliss sheep to the point where all your happiness is only you being you. And if you don't break through that, you get trapped back into the world like everyone has so far in my experience. Had any one of dozens and dozens and dozens of these people just taken one step more, they would have been free forever.

Then it doesn't matter what you do in the world. You can do anything. You can be a king or you can be a beggar, and it's all the same to you because your joy is only you being you.

Because your beingness is infinite. Your beingness is the ultimate. Your beingness is what you and everyone else is seeking.

The ultimate state where you are only pure beingness. It's the I of you. I amness.

So, again, I warn you, be careful. When you hit that bliss state where the world is so beautiful and everything is nice, do not stop. One step beyond it.

Get free of that, and then do anything you want in the world after that, and you'll never be sucked in again. Okay? All right, let's get to the course.

This course is basically designed in two directions. The first being that to free you far more appreciably than you have gotten freedom so far. The second phase is to show you how you can specifically and in a detailed way help others go free.

First, to free you. Second, to help you to free others working directly with them. Now, you cannot get total freedom unless you're wanting to have every other being make it.

Note the word wanting to. Now, there's no better practice in getting to want everyone's freedom than to actually work at helping others go free. By helping others go free, you'll discover that you are freeing you.

Far more so than you're helping them go free. So there's two aspects to this course. First, it's designed to help you go free, and if you will get with it, you could go totally free.

Second, it's designed to help you help others. Now, I believe it's the first time that anything like this has ever been tried. And what we're trying to do is give the highest teaching out at a level that's acceptable to people where they are today.

You've heard masters say, like Ramana Maharshi, all you need to do is to drop your varshanas, drop your tendencies. That's all you need to do, and that's true, and you're free. The reason behind that is simply this.

The only thing standing between you and your infinity is your mind. The only thing between you and your being totally unlimited is your mind. You have been operating this mind for billions of years.

Millions of years in the physical and billions of years before the physical state, before that. This is one reason why you find it so difficult, dropping it. But to tell you to disidentify with the mind is to tell you something you're not doing and you think you cannot do.

So the masters come out, all right, drop your tendencies. The tendencies are another way of dropping your mind. A tendency is a predisposition, is a feeling.

It's a feeling that has been built up from the beginning of time up until now. So that every tendency you have started billions of years ago and all your thoughts have culminated into your present feelings, tendencies. So that if you drop a tendency now, you're dropping an accumulation of thought that is billions of years old.

Earth time. You see the effectiveness of dropping a tendency is the culmination of thinking on a particular thing that's been going on since the beginning of time for you. You drop a tendency, if you drop a tendency totally, you drop billions of years of accumulated thought that went in to make up that tendency.

That's the effectiveness of dropping tendencies. If you want to go free this lifetime, that's the lowest level approach required to go free this lifetime. If you work on incidents, on thoughts, we got billions of years of past history to undo.

It will take you billions of years to undo it. Every other therapy in the world is working on thoughts, incidents, etc. And that's why they're not getting very far.

I know no attempt to approach it from dropping the tendencies. And I think the reason why they don't is they just don't understand it. Mind is so complicated, nobody understands it.

I say mind is so simple, there's nothing to understand about it. What is mind? It's a sum total of all your thoughts.

Is that complicated? It's a sum total of all your thoughts. There's a conscious part, the part of your thoughts that you look at is called the conscious mind.

The thoughts you don't look at are called the unconscious mind. All these different kinds of minds you read about are fictions. Somatic mind, what are all those minds?

Reactive mind, analytical mind, and now there are two aspects to mind. One is the sensing-recording aspect and there's one higher aspect of mind, the discriminative aspect. So if you want to break it down, you can break it down into two parts.

Sensing-recording and the other is the discriminative aspect. And this is what makes man able to go free, is the discriminative aspect of mind. Animals have only the sensing-recording aspect of mind.

Animals cannot go free until they become man. All spirit returns to spirit. All spirit returns totally to pure spirit.

Animals come through what we're going through before they get totally free. But they have just the sensing-recording aspect of mind. We have, in addition to it, the

discriminative aspect which says we're men and they're animals.

They're cats and dogs. We're intelligent humans. A cat doesn't know it's a cat.

A dog doesn't know it's a dog. But you know you're a man. That's your discriminating ability which allows you to discriminate between the right direction and the wrong direction.

Animals would go on forever as they are if they were to remain as they are without the discriminating aspect as to which direction will really get me free and which direction will send me in the opposite way. But because of our discriminative aspect of mind we can choose the way to total freedom like we in this group are doing. So mind is simply the sum total of all thoughts.

So there's two aspects, the discriminative and the sensing-recording. If there's anything about truth it's the fact that it is simple. If it's given you as a mysticism and a cult as something you can't understand, reject it.

Truth is simple. But the world is so spun in on the wrong direction right now. They can't see their nose right in front of them.

They cannot see the simplicity of what you're being given now. You're being given a way of going free this lifetime through dropping tendencies. And Bridey will show you how to do it for yourself.

And Bridey will show you how to help others do the same thing. Now because this is the way put out by masters you'll never hear it anywhere else drop your vashanas, drop your tendencies. You've never heard it anywhere in the world, have you?

Anybody study psychology or metaphysics or any field, you've never heard this put out, drop your tendencies. And yet that's what this whole thing is centering around. So I believe for the first time you're being given something that has a very powerful impact that is so tremendous that it can free you and help you to help others go free this lifetime in one year or in one month or in one day if you understand it and use it in one day.

Because you're infinite right now acting like you're acting almost on the opposite end of being infinite. And yet you can drop that whole thing right now by identifying with what you really are which is simply dropping what you're not. Now you're being infinite, you can't do anything about that.

You've got no choice on that. You are infinite right now. And when I look at you I always see that infinity.

And you're always saying to me I the infinite being am extremely limited. And I say no,

look. And you say yes, but I the infinite being have this problem.

This goes on and on and on. Because you don't take one moment out to see this infinite being that you are. And yet some of you do.

And you feel so high and so good when you see it. But then you fall right back into the tendency, the habit. Another word for tendency is habit.

You fall right into the habit of saying no. I'm subject to this experiment producing beautiful mechanism that throws garbage out of every single pore of it. And through other extremities phlegm, feces, urine.

And there's nothing more disgusting to us than the insides of a human being. And we're glorifying this piece of crap. Someday you're going to see that the least of you is this piece of junk.

But you could see it right now if you would just look at what you are. And at that moment disidentify with the body. Or see that the body is just a creation of your mind.

And that's where the body lies, in your mind. Get behind your mind and you'll see your infinity. But you're so plagued with these tendencies it's almost like you're trying to look at the air from the bottom of the ocean.

You've got that whole ocean between you of tendencies. However, anytime you choose you can drop the whole thing. Most of you just don't believe you can.

Believing that you cannot makes it cannot. You've got to let go of I can't. Because if you think you can't you're making it that way.

Now because this is coming out at this high level of dropping tendencies there's a power behind this course. Which is the power of the high beings who want you to do just this. And you'll feel it if you just open yourself to it.

Get with this course. Do the things that Bridie's putting out for you to do each lesson. And all the masters are behind it.

Because it's being put out at a masterly level. Instead of getting into these groups which are primarily sex things countergroups, S and all these things that's primarily sex which keeps your body bound you're getting a course that is in a direction that the masters would give it to you at and therefore they're supporting you. You don't have to believe me.

Check it out. Let the power come through on this course and you'll see yourself moving freer and freer in very big giant steps. I think Neal can back me up on this.

I guess I'm not telling any secrets and Kathy wouldn't mind. She made tremendous

strides in the course. Tremendous.

Strides that take the average person in this world millions of years to do. She did in that course. And every one of the girls gained tremendously from it.

But I do believe Kathy took more than anyone else. Took more, that's all. Open yourself to it.

The masters are there. The power is there. Go with it.

Bridie's going to tell you to you do it yourself thing. See, no one can free you but you. No one has bound you up so tightly but you yourself.

So you're the only one who can do it. Bridie will tell you, you must do it. So if you get with it you got the possibility of going free right on this course that Bridie's going to give you.

And if you don't go free you got the map, the formula the way to go free so that when you're finished with it you continue right on until you are free. I'm supporting this course with all the power that I have. And while I was doing that I saw that I was not alone.

I saw the masters right behind me, pushing me. Until the time I said as I went further don't you people feel the power in this room? I had to say it because if I didn't talk about it I would have lost consciousness.

It was so powerful the power coming through from them. I spoke about it only to keep me here. And I believe every one of them I don't remember, did they all say they felt it?

I know some of them mentioned it. Now that power is there for you fellows. That's the power from the masters.

Making a big push to free you because you're taking it at a level that they would give of that at a level which you can go free shortly very quickly.

[Speaker 12] (25:58 - 26:05)

...time when you're not feeling except when you're free when you're completely free then you're not feeling.

[Speaker 1] (26:07 - 26:33)

But the person who thinks he or she is not in a feeling is very much in feelings. And the skill of a counselor is to get them to get a handle on one feeling and take that one feeling up. And when they say, I don't feel anything to get the person to see that they are feeling something.

This is the skill of a counselor.

[Speaker 4] (26:35 - 27:57)

So one of the important points I think which came out of this sort of thing you've been talking about there was this a great deal of my intensity and anxiety stemming from the fact was coming out of worry and worry and anxiety was causing all this myriad myriad of clever detailed problems that no one including me would ever be able to fathom because of their intricacy and complexity. What Frances did was quite simply this what I never thought I would be able to get out of instead of being into all of that she said, what happens when you worry? My feeling was I'm so worried now if I'd gone on it would have been about this and about that what happens when you worry?

So from then on for the next few days I was able to stop myself from going into severe intense anxiety in my mind by just simply saying I'm so worried what happens when I'm worried? Someone comes and helps me what happens when someone comes and helps me? I'm safe and it just cut out that whole vast chunk of my mind to which I would never find any answer anyway there was no answer in there it was being prompted by the worry by the anxiety

[Speaker 1] (27:57 - 28:20)

this is what I mean by if you hit a lull take that feeling up see that was an example of when you're in a lull take that feeling up or he was stopped by anxiety worry and she took that feeling up

[Speaker 4] (28:21 - 28:26)

instead of saying what is it I'm worried about? you know and why is it I'm you know

[Speaker 1] (28:26 - 28:38)

but see that you see how heavy a lull that is anxiety worry is a big heavy block blocking

[Speaker 4] (28:39 - 28:40)

because once you've dropped that

[Speaker 12] (28:40 - 28:41)

but she took it up

[Speaker 4] (28:41 - 29:31)

here's another thing I discovered later on after being doing that for a few days I said to Francis now this is great this is fine but there's something else under here because I'm trying to take the top slice of it off as it were what does worry mean?

attention security boom boom we're fine but there is something down there that is

actually prompting the anxiety in other words for a few days I was simply saying the reason I worry is to get attention which satisfied me for a period of time and then I saw that there was you know there must be some reality actually but what I discovered what I'm saying is that is by taking my feelings up that which was the cause of the anxiety presented itself quite clearly without the thinking process of probing for it

[Speaker 3] (29:31 - 29:32)

and what was that?

[Speaker 4] (29:34 - 29:57)

wanting approval basically going into myriads of other things I can see that quite easily now you know and yet it took me a long time to see that it was that I couldn't exactly find out what it was it had to be all these other because this happened to me when I was young and then that happened and

[Speaker 1] (29:57 - 30:00)

that's the habit of all these therapies they get you

[Speaker 4] (30:01 - 30:04)

simple yeah all it is

[Speaker 1] (30:04 - 30:12)

someone said it's simple and it's easy that simpler a thing is the more correct it is

[Speaker 4] (30:12 - 30:31)

well now I see for myself what it's meant by the fact that all fear is based in the fear of dying I understand it now for myself that the root of all anxiety is you've got to you know you've got to come because I'm I'm so I'm ready to stay here

[Speaker 1] (30:35 - 30:45)

fear is a horrible thing and everyone has it so strongly if that can be dropped well

[Speaker 4] (30:47 - 31:07)

well it does I think anyway it just it's never it's funny it's never even entered my head now since I've been using it because your own beingness is so unquestionable that I haven't even intellectualized you know what would happen if my body dropped away or something like that because you're

[Speaker 1] (31:10 - 31:13)

you're not thinking you're that body

[Speaker 4] (31:13 - 31:22)

you're not even I'm beginning to see now what it's all about that it's about not feeling I think I'm beginning to really see it

[Speaker 1] (31:22 - 31:24)

what it's all about is not feeling

[Speaker 4] (31:27 - 32:22)

and it's a terrific point about taking your good feelings up as well because I used to get so intense sometimes with what I would call joy and happiness maybe it would be with my music or going to mass sometimes doing mass I would get so I mean it was just I had to suppress it and I would become very unhappy afterwards and would wonder what was wrong because I just wouldn't know what to do with it you know I'd get so happy now I see that even my happiness is a terrific wanting you know approval and you can stay even all the time it's like you stay even all the time it's just I think I just imagine that it's supposed to be you know and it's so nothing yeah that's a good idea

[Speaker 1] (32:22 - 32:59)

it is a nothing it's a no thing really it's just being I wish that people would take over the teachings and spread them to those who want to be spread over

[Speaker 12] (33:01 - 33:03)

how do you do that?

[Speaker 1] (33:04 - 33:15)

you've got to go free first if you're not free you'll get clobbered you really have to be free otherwise you cannot go on teaching you'll collapse

[Speaker 4] (33:16 - 34:01)

it's so obvious now more and more to me this is another thing and Fran just mentioned it to me at one point that would be good sorry there's a bit in something else comes I think and it's compassion it's a word I never would even have thought of using before but you see how much we are all desperate for love and I think that's the counselling you mentioned counselling it's bringing us specifically now because now I see in my mind all these people all over the world going for help you know what it is they really want? a love approval that's all anybody wants and weeks and months and years go by of going into their problems and telling you this and that happened and all they're saying all the

time is please listen to me

[Speaker 1] (34:01 - 34:02)

listen to me

[Speaker 4] (34:02 - 34:03)

please listen to me

[Speaker 1] (34:03 - 34:14)

even when you go to a medical doctor people doctors know that small doctors the majority of their sick people are not sick they just want

[Speaker 4] (34:14 - 34:16)

attention why do you make yourself

[Speaker 1] (34:17 - 34:17)

sick?

[Speaker 4] (34:17 - 35:03)

to get attention please I'm sick you have to take care of me no gosh get in mummy's bed quickly books sweets it's supposed to stop really? unbelievable is he only in your mummy's bed? in mummy's bed he'll tell you he's still he's still knocking on the floor didn't tell you it was time that he did oh yes look ah evidence no holy great that's what being sick is

[Speaker 1] (35:03 - 35:07)

going to the toilet is used by kids a lot to get attention

[Speaker 4] (35:08 - 35:11)

being hungry being hungry

[Speaker 1] (35:11 - 35:14)

they're pulling down hurting themselves

[Speaker 4] (35:18 - 35:47)

I suppose the point is like imagine they're often to tell somebody that if the button's pressed you know what I mean you're looking for love nothing's going to stop me you're looking for it you can't you're tripping over all over the place and you can't see that it's

there until there's something about this method that makes you very secure

[Speaker 1] (35:51 - 35:56)

you're dropping your false securities that's what makes you secure

[Speaker 12] (36:01 - 36:02)

your false securities

[Speaker 4] (36:02 - 36:12)

until you feel yourself then you know you are secure you always were secure that's the biggest thing for me it gives terrific security

[Speaker 1] (36:12 - 36:14)

the absolute security is yourself

[Speaker 4] (36:14 - 36:51)

okay and you're saying you're dropping your false securities right right what is it that made you lose the security that you received oh well yeah I even saw that my desperation was a security to me the terrific desperateness which was underneath everything I've ever done in my life feeling strong desperation it's one of the biggest things that has helped me in the last hundred years I saw it's my security I believed that my desperation was going to get me what I wanted and that's why I couldn't give it up

[Speaker 1] (36:51 - 36:56)

that's why we had desperados you know what a desperado was

[Speaker 4] (36:56 - 36:58)

a bandit yeah he gets

[Speaker 1] (36:58 - 37:06)

his security by taking you with a gun I wasn't making fun of you

[Speaker 4] (37:06 - 37:28)

no even if you were it wouldn't bother me I was just thinking of the fact though that you see it another way if I'm desperate somebody has to come and help me sooner or later it's just like the extreme of it but there is a security built in to eventually you see that you don't really you don't really need anybody

[Speaker 1] (37:28 - 38:12)

right and you get the security you don't need anybody even your own taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval but everyone has done it you know what it is what is there to talk about how to do it

[Speaker 4] (38:12 - 38:14)

well not everybody knew in the beginning

[Speaker 1] (38:14 - 38:37)

oh well in the beginning you have to be helped a bit that's where it comes I think counseling would be doing just that like you do with burning get into the feeling they can't see you keep juggling until they see the feeling then trace it back up to the source of approval or control

[Speaker 4] (38:37 - 38:46)

but see you didn't tell me what to do what I'm saying now is what do you tell people to do I did that because it worked on me you've never said

[Speaker 1] (38:46 - 38:49)

Francis you've been getting it from me for 10 years this thing

[Speaker 4] (38:49 - 38:51)

not how to trace the feeling back

[Speaker 1] (38:51 - 38:54)

oh I've been using this ever since I know you

[Speaker 4] (38:55 - 38:57)

well ok then that's what I was using

[Speaker 1] (38:57 - 39:09)

I was always trying to get into the basic thing that you want approval let's use love with you or control I've always tried to get people into basic tendencies

[Speaker 12] (39:09 - 39:10)

I've been

[Speaker 4] (39:14 - 39:31)

going on for years and years and years but if you talk to someone who doesn't have this background what do you say to them about taking the feeling you don't give them a series of questions to ask to trace it back

[Speaker 1] (39:32 - 39:34)

how do I do it

[Speaker 4] (39:34 - 39:35)

I don't know

[Speaker 1] (39:36 - 39:39)

you've had it for 10 years or more

[Speaker 4] (39:39 - 39:42)

I'm talking about with someone now if you talk to someone

[Speaker 1] (39:42 - 47:31)

you get them to see that more basically that feeling is something else and if it doesn't hit approval then you see that more basically it's something else until they see it in the basic approval or control ok you get them first to get a handle on their feeling get to see their feeling get to know their feeling that's the first thing you do after you get them into the feeling then you try to get them to trace that feeling back and back until it's reached wanting approval or wanting to control I think when the counselors are ready to go I'll probably spend time with them I've always had this nobody's counseling except Cathy right now I mean out there when people get in the world it's a different story counseling in the world than it is in here you know you'll meet far more of a challenge out there now this subject is sometimes called truth religion psychology as I see it these are all the same subjects I should say the same subject but the approach to it is from a different angle and therefore it gets a different name but it is the thing that every one of us is looking for either consciously or unconsciously it's the actual goal in life for everyone for every being and so few of us in the world today are in this direction everyone is looking for happiness but they're looking for it in the wrong places they look for happiness where it isn't and therefore we have this unnecessary and unusual condition today where we have almost everything we want in the material sense and we have less happiness now than we had thirty years ago when we didn't have the things that we have today now my object is to try to give to you what I have seen to point out to you the direction which if you will take it you will find this happiness and the best way for me to get this across to you is to have you ask questions and in the process of your asking questions I try to point out the way or the direction in which you should look for you to find the answer as I know this is a strictly do it yourself thing I point out the way you get the answer

unfortunately it cannot be taught as an intellectual subject as we learn things in school if it could everyone could be given this wonderful state of constant happiness with no sorrow just by being spoken to so the method comes out to be one of evolvement where it evolves from within outward and the place where we find this happiness is within our very own self so most of my answers if not all try to get you to go within to look there for the answers we should take full responsibility for whatever happens to us because we are the cause for everything that happens to us in life everything that happens is initiated in a thought prior to the incident but because we have put in a thing called time we forget that sometimes and sometimes long before the thing happened we had that thought someone comes along with a thought of theirs and when the two thoughts complement each other two people meet but again we have to go within to discover that our thinking determines everything that happens to us and that thinking is conscious and unconscious also and it's the unconscious thinking that is the habitual way in which we do things and that's why it appears as though we are victims when all the time we are not we are caught mind is only creative mind creates the things that we hold in mind the quickness of the thing materializing depends upon the conviction as to whether you will or not get it the conviction is also a thought if my thought is I will get this instantly and there is no doubt whatsoever whatever you had in mind would appear instantly but that takes an absolute conviction with no doubt whatsoever now if you can't get the absolute conviction the thing to do is to hold in mind that which you want then let it go with the feeling

[Speaker 12] (47:32 - 47:33)

it is

[Speaker 1] (47:33 - 51:37)

already accomplished because the attitude it is already accomplished is an acceptance of the fact that it is now the biggest mistake of all that is made by people who are consciously trying to create things is expecting it in the future we must expect what we want now we have to take the attitude that it's here right now and then dismiss it because when we put things in the future mentally it's always kept in the future so to create something to demonstrate we should always demonstrate in the present anything you want you must accept that it is already yours otherwise it's just ahead of you all the time now the things that prevent us from getting the things that we want are the unconscious thoughts to the contrary concepts we have had since childhood that we can't do, I can't have it it couldn't happen to me you must work hard to get things of course everyone must work for a living and therefore everyone does so the biggest obstacle is the accumulation of subconscious or unconscious thoughts to the contrary that we can't have it we can't get it so if you consciously start demonstrating if you succeed once you become more convinced that you can you succeed twice conviction gets stronger and stronger until someday you have the absolute conviction then you

have to watch your thoughts whatever you think will come to you right away that can be a problem too so let me tell you one that's hard to believe when I started proving this law it was worked in small ways and one day I said my gosh it's working all I need to do is to dare to think big and so I said what's the biggest thing I can think of a cadillac car special built body I had a picture of it and I was driving it already and I let go of it well in about two weeks an acquaintance came to me and said oh that's right I just bought you the most beautiful cadillac special built body he said a friend of mine bought it and doesn't want it and I got it for only four thousand dollars he said thank you you owe me fifty he said four thousand dollars I looked at him he said don't worry about the money I'll pay for it honest oh no that was a conscious thought I was proving the operation

[Speaker 9] (51:37 - 51:44)

of the law no I said

[Speaker 1] (51:44 - 51:48)

gee I didn't have the cadillac just by thinking cadillac

[Speaker 9] (51:48 - 51:48)

I

[Speaker 1] (51:49 - 52:12)

picture the cadillac I saw it I was sitting in the car and I was driving it it was mine and I let go of it as already accomplished because that already accomplished is a big part of doing

[Speaker 3] (52:12 - 52:14)

what you

[Speaker 2] (52:15 - 52:16)

want

[Speaker 12] (52:21 - 52:22)

yes

[Speaker 1] (52:25 - 52:51)

yeah I was in that car I was one with it now anyone can do this he or she will but it takes a thought uncluttered with other thoughts or to express it

[Speaker 6] (52:51 - 52:51)

in another

[Speaker 1] (52:51 - 57:20)

way it takes the conviction it it the object is to get to see it the way you can see it is by quieting the mind because just behind the mind is that infinity by turning the mind inward you quiet the mind you let go of all the external distractions and the more you quiet the mind the more you'll see this infinity that you are the more you see the infinity that you are the more you'll scorch the limitations the more you do away with the limitations the more you'll see the infinite being you are and you keep doing this until there's no more limitation left but the method is go within turn your mind back upon the mind

[Speaker 11] (57:21 - 57:33)

it almost seems like the building of an ego though to elevate in that way but actually I know it isn't it's definitely

[Speaker 1] (57:33 - 57:53)

it seems that way because you're looking at it through ego eyes but the more you see this infinite being that you are the more humble you'll become it's only the ego that's arrogant and proud and thinks it is

[Speaker 12] (57:54 - 57:55)

just it

[Speaker 1] (57:57 - 1:00:57)

the higher an individual goes the more humble he becomes someday you'll see that the word I is used by apparently many people later on turns out to be the exact same I this is seeing the truth the reality behind the un the apparency the world's an apparency right now it's not real when you see the reality you'll see a singular oneness throughout everything people call god truth self has several names but that's the thing we have to strive for to see this singular oneness everywhere and it's changeless it's perfect it's infinite and it's you is the way it turns out when you see it the false concept of being a limited being disappears but the I when you say I never disappears that's eternal when you say I am Harry the body that'll disappear and you'll see that I matter is very subtle it's the subtlest of all matter it's the matter that determines other matter so what matters is to get rid of the thinking and then you'll see you see as you let go of thoughts this infinite being is there all the time the thoughts are covering it over so as you let go of thoughts you're letting go of the cover that covers over this infinite being

[Speaker 11] (1:01:04 - 1:01:05)

demonstrating

[Speaker 1] (1:01:09 - 1:02:35)

is not in the infinity that's in the dream and someday you'll see that this waking state was just as real as the night dream state is and like when you're in a dream at night while you're in it it's real while you're dreaming you're in trouble you're suffering or if it's a very pleasant dream you're really enjoying it and it's real right? it isn't until after you awaken that you say my gosh it was a dream it never was right?

you'll do the exact same thing with this world when you wake up what we call a waking state is really a fast asleep state when you wake up out of this thing you say oh my gosh it never was it was just a dream I was always this infinite unlimited being but until you do it don't buy it but if you're interested in attaining it it's something worth striving for because I'd say if you accomplish it through the method you gain an infinity you also gain a

[Speaker 12] (1:02:35 - 1:02:36)

complete

[Speaker 1] (1:02:38 - 1:09:26)

satisfaction of anything and everything which you will never have in a dream realization is the satisfying of all desires and no more or less you attain the desirelessness state but every pleasure you have is experiencing your real self a bit the more the pleasure the more you experience your real self that's all that happiness is and if you can get to see that your struggle with the world is at an end then you go directly for your joy you go right to where it is and you can maintain it all the time our last session brings to mind a word called liberation with a capital L liberation being another substitute for the word happiness with a capital H and because of what happened it allowed certain things to come out that were good liberation is freedom which is freedom of choice on anything and everything freedom to do or freedom not to do anything you choose when the group first started you didn't have this freedom in the group this is the only thing that I remarked about in the beginning because there was a hindrance in what we were trying to accomplish here now anything I give I give freely and that means on both sides I give it from my heart at the same time you don't have to accept it if you accept it that's fine if you don't that's fine we never try to force anything and anything done by force is wrong never accept anything because I say so this is just the opposite of freedom if you accept it because I say so you're accepting hearsay if you accept it for checking that's good check everything I say check it out not until you see it that you accept it freedom is choice to do or not to do on anything you want and that is to accept or not to accept what I'm saying and you should never accept it until you see it yourself before we can see the absolute reality the changeless reality we have to see the reality in the world

why? why do we have to see something we have to dump?

because when we don't see the reality in the world it's because of aversions to the world attachments and aversions blind us to what's out there that's why everyone looks at something and sees something different if we all had no attachments and no aversions whatever we would see we would see alike every attachment every aversion blinds us a bit so to get to the reality with a capital R we have to see what's in the world first never see it just the way it is when there's an accident that happened only one way we can know six people saw it happen maybe six different ways we should be able to see the accident just the way it happened then we see the reality in the world after that we let go of the reality of the world by seeing the real reality the world becomes a dream just the way it happened you're aware that people see accidents very differently right?

we can't all be right but yet there was one way in which that accident happened but it is very good to see what's going on in front of your eyes exactly the way it's going on when you talk to groups sometimes you'll make a statement minutes after someone says well he said just the opposite of what you said the reason why that happened is that person has preconceived ideas the concepts are all set and they only hear what they want to hear they hear just the opposite of the way you're saying it well that's a block on the road to freedom we should have no fixed concepts except one that we want the absolute truth outside of that we should have no fixed concepts it's very good therapy it is excellent practice to try to help others someday everyone does that you live not for your little self but for your big self out there you identify with all people and your life becomes one of giving to others wanting others to be what they are infinite beings infinitely happy

[Speaker 9] (1:09:27 - 1:09:38)

you help others by seeing them as identifying them as an infinite being you help others is exactly what you mean by identifying yourself

[Speaker 1] (1:09:38 - 1:09:53)

by what you said plus doing what I'm doing when you meet people you talk to them lift them whether it's in business social family you try to lift everyone

[Speaker 9] (1:09:54 - 1:10:17)

in their understanding of who and what they are mentally you have one conversation and physically you have another one could you give me an example of how I think you did already regarding the man you talked about you spoke about identifying them with what God

[Speaker 1] (1:10:17 - 1:10:34)

you're talking to God whenever you're talking to any individual your attitude can always

be the same towards everyone you're always talking to nothing but God

[Speaker 9] (1:10:37 - 1:10:47)

regardless of what you say now you

[Speaker 1] (1:10:47 - 1:16:21)

couldn't feel angry but you could act angry sometimes it's necessary in order to communicate with angry people to be a bit angrier than they are this won't involve you now but sometimes I do that there is if someone is very angry about something and I want to communicate with them I have to get a bit angrier than they are and then they hear me otherwise they don't hear a thing I'm saying this is obvious in everyday life when someone's angry and you're composed and calm you'll talk they don't hear a thing you're saying get into the mood that they're in and they'll hear you that's just an act when you're angry it's not you don't really feel it you're acting it so it's your attitude that you maintain of seeing only God out there when you're feeling any emotion but this high love it's the ego expressing when you feel this pure love it's the God you expressing so when you have any emotion you're covering up the God you I think it was in the verities I took off on what emotion is like it's never been took off on before that there is no emotion but the feeling of lack of love that's all it is the more we feel the lack the feeling of lack of love and wanting to reestablish the feeling of love and to the degree that we feel that lack of love we call it fear hate envy jealousy it's different degrees of the feeling of lack of love and wanting to reestablish it that we call emotion love itself is not an emotion it's a very it's the quietest of all things this is something you never get get into much in this group is psychology emotions I went that torturous road of psychology way back in the days of Watson's behaviorism don't say yes to that that was back in the early thirties that was popular and I stayed with psychology right through the years ended up with Freud very intense with Freud I studied everything that he wrote that was translated into English I really studied and the whole thing behind Freud is purging yourself of the inhibitions and the compulsions he calls it catharsis catharsis the psychoanalyst tries to get you back to the times you sat in these compulsions and inhibitions have you relive it and free yourself of it and I discovered what the Freudian way took a year to do in dianetic Scientology you could do in one evening and I discovered by metaphysics that what you were doing in one evening could be done every evening for millions of years there was so much of this inhibition and compulsion not only from this lifetime but from many many lifetimes before that it was a forever process that rather than that when we get to see who we are we just dump this ego with all its inhibitions and compulsions in one lump sum we let go of the whole thing and that it's really the only way because while you're trying to get rid of these compulsions and inhibitions you're acknowledging the ego and you're validating it and you're sort of bogging yourself down because of that so the fastest and really only way is to recognize who you are and when you do that scorches the ego and you scorch it enough to burn it to pieces

[Speaker 12] (1:16:22 - 1:16:27)

and it's finished Francis do we

[Speaker 5] (1:16:30 - 1:16:38)

actually create a healing or do we learn to accept the truth and rise above

[Speaker 4] (1:16:38 - 1:16:39)

pain or

[Speaker 3] (1:16:39 - 1:16:41)

illness or death

[Speaker 1] (1:16:41 - 1:16:43)

it depends on the way you look at it

[Speaker 9] (1:16:45 - 1:16:49)

the first one is here and the first one is here

[Speaker 6] (1:16:49 - 1:17:06)

well Walt Bartz remarked midnight he said about the time John D wanted out of the car and he had to fix feet why couldn't he heal his feet or didn't he want to or was it not worth his trouble and he

[Speaker 1] (1:17:06 - 1:17:06)

didn't want

[Speaker 6] (1:17:06 - 1:17:15)

to in other words he was able to accept with peace above him now is that more than a doctor's healing

[Speaker 1] (1:17:15 - 1:17:27)

to him yes it acted as a constant reminder to him that he is not a body

[Speaker 6] (1:17:28 - 1:17:33)

by being able to be above pain well I'll say that again

[Speaker 1] (1:17:38 - 1:18:49)

a realized being sometimes will when he's in a body will walk around in a sick body as a constant reminder that he is not a body now the sick body doesn't deter him one bit he'll be just as careful and loving as when his body is perfect but this is nothing to worry about now when we

[Speaker 12] (1:18:49 - 1:18:54)

think we're creating a being we're not we don't recognize that sickness

[Speaker 1] (1:18:54 - 1:21:58)

that's all your natural state is perfection now everything in the world is mental whatever you think is you're always right because you think so if you think a draft gives you a code you're right it does because you think so if you think walking into a house where there's a virus that you'll get it you're right because you think so if you walk into a house where there's a virus and you think you won't get it you're right you won't it's a thinking that determines we all love to the degree that we are realized but we try to increase it more and more to become realized we can always lift it just a bit keep moving up and some day we have it at the top you see love is something that cannot be applied to one person one thing one plant one animal but actually love is a general thing if it's for one person and not for the other the reason why we love that one person is because we think we need that one person but that one person has something we want love is the most powerful force in the universe love will create universes the greater the understanding the greater the love we have love and understanding are the same thing you understand one you love that one if you love that one you understand that one the greatest thing you can do is just be one of these days instead of you see when you get high you get giddy you get together you say oh nothingness is near there you don't need that you can just feel all that and more but because of habit we're used to expressing we think we have to talk make conversation later on you'll let go of all that i'm not saying that's fair what you're doing is wonderful laughing is a very good therapy you can laugh yourself into realization if you just keep it going all the time

[Speaker 12] (1:22:00 - 1:22:07)

laughter laughter laughter laughter laughter laughter

[Speaker 4] (1:22:11 - 1:22:14)

laughter

[Speaker 12] (1:22:14 - 1:22:20)

laughter laughter laughter laughter laughter

[Speaker 1] (1:22:24 - 1:22:29)

laughter laughter laughter laughter

[Speaker 12] (1:22:29 - 1:22:31)

laughter

[Speaker 1] (1:22:31 - 1:25:18)

laughter The disciples sit all around, and not a word is said, and they'll sit for hours that way, and the teaching goes on.

It's called the silent teaching. The object is to only be. So the teacher sits in front and only be's, while the teacher will just be, he'll see everyone, he'll see the only one, and he helps the others to just be.

That's why I say don't look at me, don't look up to me, look at what I'm saying and try to be what you are. At the time I see the way you really are, a sentient being, that's the effectiveness and teaching, to the degree that I know you're a master, that you're perfect, you're infinite. To that degree I support you in your seeing it, whether you're conscious of it or not.

So when you become aware of these silent teachings, you can always use them, no matter who you call upon, that individual, whether it's Jesus, Lester, Sylvester, John, whoever it is, if you recognize that silent teaching, whenever you call for help, it's there, immediately, from the one whom you're asking it from, who in the end turns out to be your very own self. The external teacher tries to steer you toward your own inner self, which he is, in the words you're telling him.

[Speaker 3] (1:25:24 - 1:25:34)

Because after all, it's only your own concept of any word, you don't stick with the word.

[Speaker 1] (1:25:36 - 1:27:54)

You can make all these words mean the same thing, love is acceptance, identification, understanding, communication, truth, God, you, me, it's all the same thing. And it will be to everyone if they look at it from the same point, from your very own center. If you look at it from your very own center, you'll see that it's all the same.

Your very own center being your very own self, with a capital S, the real you that you are, not this fake ego that we're trying to make a big thing of. That's why I've said education actually is a system of learned ignorance. It's a miseducation, as it is today.

All the important things in life are never taught, no matter how many years you go to college. You don't get any courses on happiness, love, life, all these subjects that are so important that everyone is seeking. There's not a single course in any college in this

country on it.

It's an attitude of givingness. It's not an act of givingness of things. Now, giving things could be part of it, and giving things could be just the opposite of love.

I can give you things because I want you to like me.

[Speaker 9] (1:27:55 - 1:27:57)

That's not love, on my part.

[Speaker 3] (1:27:58 - 1:28:01)

That's kind of close to my ego.

[Speaker 1] (1:28:07 - 1:28:37)

However, the greatest givingness that can be given is to give understanding, to give wisdom. If a man asks me for a meal, and I give it to him, five hours later he needs it again. But if I give across to him the principle on how to produce a meal, he'll never go hungry again.

So the greatest givingness is understanding, wisdom.

[Speaker 3] (1:28:38 - 1:29:08)

I was trying to say before that Paul was talking about the person doing things which may seem to be against you to gain this end, but really he's merely attempting to gain love by doing this for someone in his field, and therefore if you understand that, that understanding, and you know he's doing this to gain love or love, that seems to be his misconception.

[Speaker 1] (1:29:10 - 1:29:16)

Now that's tearing it through to the extreme, and you'll see that every person in his every act is seeking love.

[Speaker 3] (1:29:17 - 1:29:30)

All right, and if I know that, and it seems as though he's doing something against me, I know he's doing something for him, and therefore he can't agree with against me. I know that.

[Speaker 1] (1:29:32 - 1:29:39)

And as long as you know it, you are correct. Nothing can be done against you.

[Speaker 3] (1:29:44 - 1:29:53)

Well, if the person is doing it for himself, right, Teddy? Yeah. Michael and Michael.

Michael and Michael, that's right.

[Speaker 9] (1:29:54 - 1:30:02)

But if a person hesitates to give things, it's because he feels he doesn't have at all, and if he did, he's taking something for himself.

[Speaker 3] (1:30:06 - 1:30:10)

It's in the attitude, it's not in the act of giving or not giving.

[Speaker 9] (1:30:10 - 1:30:21)

I see so many people who are Christians actually get frightened when they see people giving things, and I don't see the difference. If they are so capable mentally, certainly they have all the things they need to give.

[Speaker 3] (1:30:24 - 1:30:35)

Sometimes you need to change to basically stop behind the conditions that you're about to be in. Wow.

[Speaker 12] (1:30:35 - 1:30:36)

I don't know.

[Speaker 3] (1:30:37 - 1:31:02)

Like you mentioned about, you know, the heart function, if I feel love for the heart disease, then I give to the heart function. If I would, if I would want to actually fight heart disease, I would see the imperfections in the thought, in the things, and know the potential.

[Speaker 1] (1:31:03 - 1:31:07)

There's all levels of helping, all degrees of helping.

[Speaker 3] (1:31:08 - 1:31:51)

Well, a lot of this giving to charity is really a sustaining of the condition into which we think we're giving to eliminate, and keeping it in mind, therefore sustaining it. Giving first is sustaining. To take the thing behind it all is, well, yes, effective, but the attitude on our part of the spiritual being that we listen, of not sustaining the condition, but of listening spiritually above the condition, so as to go in fact, so as to see the perfection.

Yes.

[Speaker 1] (1:31:53 - 1:33:23)

When you do that, you affect every atom in this universe. You affect every person, whether they realize it or not, because you're invoking the power that's most powerful. It's loving every person into a perfect being, minus all these negativities and diseases, and you actually do far more to all the heart disease with that attitude than you would by giving money.

But I'm trying to make the point that it's not important whether you give money to them or not. The important thing is your attitude. You can give for the glory of giving, or being put up as a giver that says you're no good, or you can have the attitude of what you just said, and actually give no care, and you're doing far more good.

[Speaker 3] (1:33:37 - 1:33:39)

So it's the attitude that's important.

[Speaker 1] (1:33:45 - 1:35:27)

Love is the answer to all problems. No matter what the problem is, if you will just apply love to the fullest extent possible, and succeed, that problem will drop away immediately. Just don't get aggravated, just know that everything is fine, everything's all right, and just feel love, and you'll see that problem resolve itself, no matter how difficult the problem it is.

When there are problems, if we would love more, they would disappear. When the love is complete, the problem dissolves immediately. Love is communication.

Communication and love go together. Communication is getting across an idea. I say, Frank, blah, blah, blah, blah, and you say, oh yeah, blah, blah, blah, blah.

It's an idea from me to Frank, and acknowledgement of it. That's communication. We both see eye to eye on the same thing.

[Speaker 3] (1:35:29 - 1:35:40)

Now, now this is very important. What did you just say? We both see eye to eye?

Let's forget about this eye. Right? Yeah.

[Speaker 1] (1:35:43 - 1:35:47)

Well, that eye to eye meant, they said it's an expression. I didn't mean the physical eye.

[Speaker 3] (1:35:48 - 1:35:51)

Right. Okay, so you see eye to eye. Eye, eye.

[Speaker 1] (1:35:54 - 1:37:14)

See, see. You can, you can easily test this out in your own life, that if you increase communication with an individual, you increase the love between the two of you. Just practicing communication, say something to them, and have them acknowledge that they got it by repeating it, and go on and on that way.

And the love between the two of you will keep going up and up. Increasing communication increases love. And the other way around, increasing love increases communication.

You'll notice that the more you love, the more you're able to communicate with people. It's a very interesting thing that can be tested very easily. Just increase communication, and you'll see love.

Deal with someone who's against you at the moment.

[Speaker 3] (1:37:15 - 1:37:53)

Because, you know why? Because, as Paul said before, if someone appears to do something that appears to be against you, there is a lack of communication between eye and eye. And if you do, if you open up that channel of communication between eye and eye, and there is no longer anything that this man is saying that is more important to you because you've changed your awareness of that man, and it's raised to such a degree that it is perfect.

Because now I can't, I mean, see whether Lester's just in bed or not.

[Speaker 1] (1:38:06 - 1:39:05)

Another thing happens as love increases, reality in the world increases also. The more we're capable of loving, the more we'll see things exactly the way they happen. Now, if you practice increasing your reality in the world, your love will go up too.

Just in the same way that if you practice increasing communication, your love will go up. Or, the converse, the more we love, the more we see things the way they are in the world. If we were all very loving people, every time there'd be an accident, we'd all see it alike.

[Speaker 3] (1:39:15 - 1:39:17)

That's further up, Harry.

[Speaker 1] (1:39:20 - 1:41:48)

If you have the love complete, there never would be an accident. It is love is communing,

love is communication. Lending support, wanting for the other one what the other one wants, that is love.

The greatest help or giving one may give to another is to help the other to get the understanding of truth. In this way, one gives the other the formula for happiness. Love is the cohesive force of the universe.

Love is attracting, integrating, and constructive, and so affects everything and anything that it is applied to. Parliaments cannot write the world, but enough individuals feeling love can. I think that's an interesting point for our present times.

You cannot legislate a correct world. Parliaments will never straighten this world out. Only when the individuals, when the majority of people in this world have an attitude of love will the world be a nice place to live in, will it be harmonious.

Almost all people mistake ego approval for love. Because it is not love, it is not satisfying. Consequently, one continuously needs and demands it.

And this produces only frustration. Boy, the next one is a hard one. I'm going to just read it and skip over it.

Love is not an emotion.

[Speaker 3] (1:41:50 - 1:41:52)

Well, maybe I shouldn't skip over it.

[Speaker 1] (1:41:53 - 1:44:20)

When I say love is not an emotion, emotion is energy in motion. It's an intense, active, disturbing thing, an emotion is. The emotion of love is the most peaceful of feelings.

And in that sense, I mean that love is not an emotion. People need each other and think it is love. There's no hanging onto or fencing in of the other one when one loves.

Human love does not want to share its love with others, but rather wants its own personal satisfaction. Real love wants to share its love, and the more it is shared, the more joyous it is. There is no longing for in love, because longing is separation.

Love being oneness, it does not allow separation. True love cannot be gotten through marriage. It must be there before marriage or developed during marriage.

Love cannot be applied to one and not to another. It is impossible to love one and hate another. When we love one more than another, that one is doing something for us.

That is human love. When one loves people because they are nice to him, that too is human love. True love is unconditional.

In true love, one loves even those who oppose him. See, the next sentence is a real test of where we stand on the subject love. We should love everyone equally.

This is a tremendous yardstick for checking yourself on growth. Equal-mindedness toward all beings. Loving everyone equally is actually the top stake.

[Speaker 9] (1:44:24 - 1:46:23)

Isn't the secret of love really a realization that you have all and he has all? Therefore, there is no separation. Because if you say, he's got something I haven't got, that's where difficulty comes in.

It's like sitting on a pile of sand. You have a pile of sand, I have a pile of sand. I put a little mark on it and say, I want your river.

And I say, well, you've got a pile of sand and you just have to make a mark on it. You have a river. And you say, I want your river.

It's nothing but a pile of sand. It's just a word, river. I have all and you have all, so there's no fuss, is there?

That's right. When you see the truth, everyone has exactly the same amount. It's infinite.

So if you want what I've got, it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand too because you're sitting on it. So I say, you've got this sand. You say, well, I want mine.

Or you can have mine because it's infinite sand. I don't care. If I say I can't have, well, that's a difficulty.

I say, well, I'm not sitting on infinite sand. Making an untruth. Making a lie out of the truth.

So love is really pointing out, well, you're sitting on a pile of sand like I'm sitting on a pile of sand. Take the sand. And this is all the thoughts we're getting through our fingers.

But we say, no, we don't. We've got something. This is great.

I have something. You don't have something. Isn't that all the cause of our difficulty?

Yeah, it's awakening to the fact that we have everything. And this comes first, doesn't it? We call it love.

Well, we work at it from both sides. Well, I can't love something. If Harry's got something that I haven't got, how can I love Harry if I don't?

I want him. It's only if I have him, and he hasn't. And if he hasn't, he can't take anything

from me.

So we both love each other because we both have it. We don't fight over the air.

[Speaker 3] (1:46:24 - 1:46:28)

But if you say to Harry, Harry, I love you because you've got something, then that's wrong.

[Speaker 9] (1:46:35 - 1:46:58)

Isn't that right? Because together, we admire and feel good towards the thing or towards that same infinite capacity that we have. Isn't that right?

There's no separation in our capacity. Your inheritance is the same as my inheritance. So what's the fight?

There's none. So all we can do is enjoy the same thing. There's nothing but enjoyment.

[Speaker 3] (1:47:06 - 1:47:07)

Well, they're morons. They're pathetic.

[Speaker 1] (1:47:31 - 1:47:59)

When the revelations start coming, they come. Just don't stop and let them keep coming. It's been there all the time, though.

That's the odd part of it. All we do is open our eyes to something that's been there all the time.

[Speaker 3] (1:48:01 - 1:48:04)

But it's usually something exactly different than what you thought it was.

[Speaker 1] (1:48:05 - 1:48:10)

Yeah, the concept was wrong. You let go of the wrong concept. And there it is.

[Speaker 3] (1:48:13 - 1:48:20)

Yeah, that's what you say. The truth is like the artificial intelligence.

[Speaker 1] (1:48:21 - 1:48:24)

Stop the thought. Stop all thinking.

[Speaker 3] (1:48:24 - 1:48:46)

And it is impossible to get love.

[Speaker 1] (1:48:46 - 1:49:28)

Only by loving can one feel love. The more one looks for love, the more one doesn't love. Kind of indicting.

One should strive to love, never to be loved. To be loved brings temporary happiness, ego inflation. When one loves fully, one can have no concept of not being loved.

When one loves fully, one can have no concept of not being loved. That's a good one.

[Speaker 3] (1:49:30 - 1:49:51)

That's a great idea. It comes back to the thing of being. You know, if we experience our beingness, we can't feel any desire, or we don't care what feeling.

I think this is, you know, critically significant, because...

[Speaker 1] (1:49:51 - 1:49:53)

It doesn't change. It's one I ought to...

[Speaker 3] (1:49:53 - 1:49:54)

Here it is. I am what I am.

[Speaker 1] (1:50:02 - 1:52:32)

When love is felt for the enemy, it makes the enemy impotent, powerless to hurt us. If the enemy persists in trying to hurt us, he will only hurt himself. One does not increase his love.

One merely gets rid of one's hate. That's what you brought up before, right? We can't increase our love, because that's our natural state.

Behind these concepts of non-love is always the infinite love that we are. You can't increase it. All you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden.

Actually, we don't keep increasing our love. We just keep doing away with the limited concepts of hate that we've had before. By hate, I mean anything that's not love.

Fear, envy, jealousy, apathy. All those attitudes are different degrees of hate, at least the way I use it, they are. And so, we really don't increase our love, we undo our attitudes of hate, our attitudes of hate, our attitudes of our thoughts of limitations.

The greatest sin of all sins, the downfall, is the ego sense. I am an individual separate

from the law. That's the real fall into mankind.

Everything we do prostitutes God, practically. Not only prostitution, almost everything does.

[Speaker 12] (1:52:42 - 1:52:49)

What else is backwards? Slip. Who ever heard of slip?

[Speaker 1] (1:52:50 - 1:52:52)

It's nice, N-I-S.

[Speaker 6] (1:52:52 - 1:52:53)

It's backwards. It's nice.

[Speaker 12] (1:52:55 - 1:52:56)

It's a plural.

[Speaker 1] (1:52:57 - 1:53:08)

Oh, a plural. You know, evil's spelled backwards. It's live.

So, you got to be careful of that backwards stuff.

[Speaker 9] (1:53:21 - 1:53:22)

He's stealing my love.

[Speaker 3] (1:53:24 - 1:53:53)

He's stealing it himself. Only you can steal it. You know, while you were mentioning that they don't have any courses on joy, or happiness, or peace, they talk to colleges.

And the colleges I talk with are the ones that come the closest to sex education.

[Speaker 12] (1:53:54 - 1:53:55)

Well-bred men.

[Speaker 3] (1:53:55 - 1:54:16)

And you're being facetious again. Well, I think- You have a choice. You don't have to pick up my name.

I think Will Rogers had the same thing. I read his biography. And in his biography, he made a statement that he never met a man or a person.

[Speaker 1] (1:54:25 - 1:54:41)

There's another way of saying it, that he never met a stranger. But that is the concept. And that was his feeling about people.

It shows in his philosophies, in his humor. He had love.

[Speaker 3] (1:54:43 - 1:55:07)

That's why you left this circle. You didn't need it so long. I don't think he even needed it.

Well, I don't know what you want to say. But that's what I had in mind.

[Speaker 12] (1:55:13 - 1:55:14)

My interpretation.

[Speaker 3] (1:55:18 - 1:55:28)

I think the word name used to mean nature.

[Speaker 1] (1:55:28 - 1:55:34)

Name and nature are the same word. But people were named by the nature of their work.

[Speaker 3] (1:55:37 - 1:55:37)

Right?

[Speaker 9] (1:55:43 - 1:55:47)

I lost the point I was going to bring up. What did you say?

[Speaker 3] (1:55:51 - 1:55:52)

Nature is a friend of us.

[Speaker 1] (1:55:54 - 1:56:06)

Oh, with nature, I do not know what I wanted to imply. His nature is my being. He is me.

[Speaker 3] (1:56:09 - 1:56:20)

He is me. This is the popularization of it.

[Speaker 1] (1:56:20 - 1:57:28)

Someday you'll look around and you'll see yourself every way you look. And you'll have a

feeling you are me. Without a question.

Without a doubt. You are me. You could.

That word I is the exact same I no matter who uses it. When you get to the top state, you have a consciousness. There's a constant I, I, I goes on in the top state.

That's all you see, hear, feel, think, know. Just I, I, I, I. Which is your beingness.

And it's beingness that never changes. Beingness always is.

[Speaker 3] (1:57:33 - 1:57:42)

Is becoming the opposite of being? Won't you have to become before you be?

[Speaker 12] (1:57:44 - 1:57:44)

No.

[Speaker 3] (1:57:46 - 1:57:48)

You have to be before you become.

[Speaker 1] (1:57:49 - 1:57:57)

The becoming is an apparency. You are. I am what I am.

It's an amnesty.

[Speaker 3] (1:58:02 - 1:58:24)

I guess what I've visualized is is uh you're you. You know, you're being but, but before you can see, you have to take off the coat or the jacket or whatever you are. I think of it as Blindness.

But isn't that the becoming?

[Speaker 1] (1:58:25 - 1:58:32)

It's the apparent becoming. Yes. But you are.

So how can you become? It's only an apparency that you are becoming.

[Speaker 3] (1:58:36 - 1:58:39)

Well, it seems like to me you're not there yet.

[Speaker 1] (1:58:41 - 1:58:51)

It seems that way. You're right. So therefore it seems as though you're becoming.

But that's a seemingness. That's not the truth. The truth is you are.

Here and now.

[Speaker 3] (1:58:58 - 1:59:09)

Well I guess I mean to me what you're saying I can't quite understand it. I'm in West Covina. I just haven't got there yet.

[Speaker 1] (1:59:10 - 1:59:33)

No, you are there now, but you've got facility limited concept that you're only here. That you're only that body and only through that body can you be somewhere. That's not true.

If you would see the truth you'd see everything going on at home right now as you're talking to me.

[Speaker 3] (1:59:36 - 1:59:55)

I get it. Well, ladies and gentlemen. Luther said he is now at West Covina.

Absolutely. But when you see him here it's all his. He could be back there any time you want to see him.

Well, he is there really. That's really something to talk about.

[Speaker 1] (2:00:02 - 2:00:36)

But these are things that we cannot talk ourselves into. These are things we have to realize on our own. We have to see it through our own mind's eye so to speak.

Otherwise it's just words. Someone who doesn't think he's omnipresent says it. That's ridiculous.

I'm right here. So until we realize this, it has no meaning really for us. But I say try to realize that boy, when we take on the financial world, always have been, always will be omnipresent.

[Speaker 3] (2:00:49 - 2:00:50)

I get it.

[Speaker 1] (2:01:03 - 2:02:26)

It's a good chance. It's a good opportunity to grow when people are saying things about

you or opposing you. It gives you a chance to practice the real love.

It gives you a chance to practice the real peace. Because they're making sounds with their mouths. There's no reason why you should feel bad about it.

Opposition is a very healthy thing. It provokes growth. Love is a thing that the world sings about, writes about, has movie pictures about, and knows very little about.

Love is portrayed in the movies as always a male and a female winning each other. Real love is winning the universe. Not just one person, but every individual in the universe.

[Speaker 3] (2:02:36 - 2:02:51)

All over that line, this is the next group.

[Speaker 1] (2:02:54 - 2:04:26)

And the practical end of it, I left out square all with love. This is an excellent gimmick. During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress.

Square all with love. Am I doing this with love? No matter what it is.

Try to do it with love. Both of those are excellent for daily growth. Take full responsibility for whatever happens to you.

No matter what it is, say, what did I do to cause this? Develop the habit of bringing up the cause for what's happening to you. Prove to yourself that you are the master.

You caused everything. And since you are the master, you can uncause or cause what you would like to have caused. By taking full responsibility and squaring all with love are two excellent means of growth that can be used every day in our relationships with people.

[Speaker 3] (2:04:41 - 2:05:47)

Two minutes to go. When you think that we said it three times already, there's no way to do it. Laughter Well, now, wait a minute.

That's your own concept. Oh, pastor. Let's have a little clearer communication here.

What is your meaning? You see how that communication gets really weird, isn't it? Laughter There are three of us in this room instead of just one.

[Speaker 12] (2:05:49 - 2:05:56)

Aye, aye, aye. It's your own experience.

[Speaker 6] (2:05:57 - 2:06:09)

When did you What would be the easiest way to leave yourself at home?

[Speaker 3] (2:06:10 - 2:06:12)

Leave yourself in an open elevator down by the bed.

[Speaker 1] (2:06:15 - 2:06:24)

That wouldn't help you anyhow. What will help you is for you to do it. Take those steps.

[Speaker 3] (2:06:28 - 2:06:29)

There is a shortcut.

[Speaker 1] (2:06:35 - 2:15:22)

Knowing who you are, how long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient? He's got all power, all knowledge. How long should it take him to realize that he has it, that he's got it?

It should be done in a second. For those who have come for the first time, we usually have a short meditation at the end of the talks. But it's almost impossible to give you all the details, but we give you the overall summary.

We have two basic assumptions. First, that each one of us has an unlimited potential that we limit with our subconscious acceptance of limitation. That if we can undo these subconscious concepts of limitation, what would be left over is the unlimited individual that we are.

The second assumption is the basic law of this universe is harmony. It operates for the planets, it operates much more so for the animals, and it's almost absent for man. And the reason for that is this subconscious programming that's holding it away from us.

What we need to do is to get this constant involvement with the subconscious direction out of our way. And then this tremendous potential that is available to every one of us is usable by each and every one of us. We are now spending 99% of the time with our conscious mind holding down all the suppressed accumulation of feelings from the past.

If all our anger came up at one time, we would be totally out of control, we might damage someone, and therefore we must necessarily hold down all that accumulated anger. The same with grief. If grief, all our grief came up at once, we would be overwhelmed with grief to the point we wouldn't have control of ourselves.

And this goes for all the emotions. There is so much of an accumulation of all these feelings from the past that we have to spend the major part of our time holding down

these pressures. And I call them pressures because every subconscious feeling is wanting to come up and spend itself.

And we are very careful lest it come up and get out of control. Now when these subconscious pushes and pulls and drives are dumped, we find ourselves completely at peace. No thoughts in our mind.

No feelings, except when we want a thought or want a feeling. And then by free choice, we put a feeling or thought into our mind and we carry it out. The before picture is we are being driven by our subconscious programming.

The after picture is our mind is quiet and only when we choose to put a thought or feeling in, do we do so. And we choose to use feelings in order to communicate with others. So whereas before we were a slave to our feelings, after our feelings are slaves to us.

Our problem today is that the accumulation of this subconscious programming is so heavy, so extreme, we are just drowning in it. And we need a way of undoing this that is very effective. There are many ways being put out to dump this subconscious garbage.

But we have discovered a way that is not known to the world yet by getting to the basics underneath it and undoing the basic so that it's like cutting the roots. We cut the roots and the majority of feelings go with it. And it's a very effective method.

It is a very simple method. We do give you a total picture of minds and feelings and how they operate. We give you a chart that becomes a chart of your subconscious mind that relates thought and feelings.

How they relate to each other. How superficial feelings will sub-base into fewer feelings that we call emotions. And how the emotions will sub-base into two feelings that if we attack it there we can undo all the feelings.

It is so basic it is extremely effective. Now there's a very interesting thing that happens. As we rid ourselves of our subconscious drives something takes its place.

And that something is the thing we are all seeking. And we call that thing love. Our basic inherent nature is all love.

Only love. And it is covered over and smothered by our suppressed feelings. That as we dump these subconscious feelings we become more and more loving.

And as we become loving the harmony of the universe that is there all the time begins to manifest for ourselves. As we dump these subconsciously suppressed feelings everything in life gets better. We don't have to go for it particular goals.

Although we may. Everything gets better. That is the nature of the world.

It is harmony. I have given you quite a short encapsulation presentation. But I think if we open the floor to questions we can relate directly to you and give you a better understanding.

So if you have any questions please don't hesitate to ask and we will do our best to answer whatever your question is. Yes? What is your technique?

It is a technique of first showing you the totality of mind, emotions and how it all relates. The technique of getting your subconscious mind from out back there where you don't see it right out in front of you so you can work with it. It shows you the four things we can do with emotions.

The worst thing we do of course is suppress it. The next worst thing or better is escape it. Movies and so forth.

The third thing we can do which is the beginning of a relief from the suppression. The third thing is express the feeling or the emotion. And the fourth thing is the thing that we work on.

It is dumping the suppressed emotions. So when you see that whole picture, the picture of your mind and you have your mind really down there, you'd be surprised what's in there, but when it's on paper and on a chart in front of you it charts the whole thing where you are, where you need to go and it gives you the whole method right on that chart. It's experiential.

[Speaker 2] (2:15:23 - 2:15:28)

Well, the psychiatrist can spend a good part of a person's lifetime helping him.

[Speaker 1] (2:15:39 - 2:17:35)

Because I myself have been with psychology, psychiatry from the 20's up until 52, I studied all the psychologies. I started with Bob Levien, Watson's Behaviorism, up until the present time. I had four years of psychoanalysis under an associate of Roy who's not alive today, four times a week.

I've been through all that and I never got the answers through the psychiatric approach. Their goal was to adjust me to my environment. I didn't get the answer there.

I got worse and worse and worse. After I had my second heart attack, I had enough incentive to get the answers. I had to get the answers.

I discovered by getting within myself in a period of three months time that each one of us is a being with no limits. Psychiatry doesn't know this yet, but I discovered it for me. If it's for me, it's for everyone.

Whatever I went through, anyone can go through. By taking that way, I discovered we are beings that have no limits. And once you see the total picture, you see what the mind is.

You see the psychiatric world has a difficult time explaining mind, happiness and so forth. I can tell you what it is. It's so simple.

Your mind is the sum total collection of all your thoughts and feelings, period. Now the majority of them we're holding subconsciously.

[Speaker 2] (2:17:44 - 2:17:44)

Because...

[Speaker 1] (2:17:46 - 2:19:43)

It's simple, but we are so conditioned to use almost our total attention to keep our feelings suppressed. We have to bypass your habit of your lifetime to take you through it again and again experiencing you in it so that you know what it is through experience. The answers will never be gotten through your reasoning mind is one thing you learn.

You probably know it today, right? You can't get the answers through your logical mind. I tried.

Not only did I study the field of psychiatry, but I studied all the philosophy. I even studied medicine, economics, every field of man trying to get the answers to no avail. I reached the point where I was at the end of the line.

They told me I might die any day. Then I realized that all the accumulated knowledge I had gotten over so many years reading textbook after textbook was of no use. Then I had to drop all that and sort of start from scratch.

Then I discovered this method that it's not in the reasoning mind. It's in understanding the feeling. It's in understanding what suppressed feelings are, how to get a handle on them, get them up and actually dump them.

I would have to take you through it. I could talk forever and never explain it to you because it's experiential. I'm trying to tell you what an orange tastes like.

I can't explain it to you. If I gave you the orange and you ate it, you would know. It's something we have to take you through.

[Speaker 2] (2:19:45 - 2:20:11)

I remember for years I used to be a salesman in the States. You asked me to go along to your farm in the States. I'm quite sure you believe it.

[Speaker 1] (2:20:14 - 2:20:17)

You're right.

[Speaker 2] (2:20:18 - 2:20:18)

You're right.

[Speaker 1] (2:20:19 - 2:21:40)

I'm telling you it's something that I cannot prove to you. The only proof, the real proof would have to be your taking it of course. The next best proof is talking to someone that you know and have confidence in who has been through it.

The third proof would be what you pick up from me. I cannot sell it like an external product. It is a subjective science.

It is a science. There's no external presentation of it. It's the going through it, the experiencing of it that proves it to you.

One of my basic principles is believe nothing until you can prove it for yourself. I am handicapped by that and therefore I say the best thing now would be to talk to those who have been through it especially people that you know. See we came to New York only last February and just by word of mouth that we kept going and growing because the ones who have been through it got their friends to come in.

[Speaker 2] (2:21:43 - 2:21:55)

This unlimited being that you are that you speak of is that in terms of spirit? Separate from that or part of the body?

[Speaker 1] (2:21:58 - 2:22:07)

Unlimited means unlimited in every direction including the body.

[Speaker 2] (2:22:08 - 2:22:16)

Would you be more quantitative or specific? Aren't they?

[Speaker 1] (2:22:17 - 2:23:11)

Today there are enough stories of these people especially from the east, the yogis who do these unusual things. Islanders in the Pacific Islands who run over hot coals and don't burn their feet. All these unusual things show the inner potential that we have and there's many of us who occasionally experience something most unusual that happens that has no rational explanation.

The unusual is being shown to us more and more every day even on TV and through the media. So I feel as though I'm talking about something that is known today.

[Speaker 2] (2:23:11 - 2:24:23)

Ten years ago, no. The yogi is someone who has had a very special kind of background and experience that has directed him specifically but we all here have a different kind of background and a different kind of experience. His life has prepared him for that specific limitlessness relative to our limitedness.

But our lives are necessarily lives of limitedness. Right now as I sit here I am limited by this situation in my social training background. Now if I wanted to be limited, I would have to violate the bounds and codes of social limitation.

I may feel an impulse to be myself but then I would be going against the whole force and inertia of all our conditioning and programming so I don't get up on the floor and do my bad limitations. Nor do you break the space-time continuum.

[Speaker 12] (2:24:24 - 2:24:27)

Nor do you break the space-time continuum.

[Speaker 2] (2:24:28 - 2:24:47)

And if this unlimited being is unlimited, then there is no limitation to space or time in the current class of those limitations. Now have you been able to do that? Is that part of your process?

I have experienced some of it.

[Speaker 1] (2:24:48 - 2:25:10)

I have experienced some of it. We don't expect you to fly out the window from our doors. We say to you, you will begin to break the limitations.

Your life will get better. The harmony that is natural begins to manifest.

[Speaker 6] (2:25:15 - 2:26:50)

Can I say something about it? See, we're getting into an area that is, for most of us, very speculative. I mean, you believe it or you don't believe it and it gets into a lot of intellectual concepts about it, etc., etc. And what would happen if I were unlimited, then I would have to break the social bonds and so on. Not necessarily, but that's beside the point. The point is that the method we have is practical.

It isn't asking you to accept pie in the sky. It isn't asking you to fly out the window. It isn't asking you to even go so far as to break the space-time whatever, because if you want

to do that, you can use the method to get yourself to that place where you can do that.

But most of us don't care about that. Really, most people don't give a hoot about that. What they really want is to be able to make their lives work and be happy and not be miserable and not be pushed around by the world anymore.

And that we can offer you, and that you can start doing the first day with our method, because it's practical. It's used in the world. It's used in, when somebody gets you upset, bang, you use it right then.

You don't have to wait until you go home. You don't have to go on a shrink's couch. You can just use it now.

Right now, when the thing is happening. It's very practical. So, all of the other talk is nice, and nice theory, and it's beautiful to think about, and it's a wonderful thing to have as a goal, but it's not, we're talking with our method.

It's practical.

[Speaker 12] (2:26:51 - 2:26:55)

We begin to de-limit.

[Speaker 6] (2:26:56 - 2:27:02)

May I ask this question? I agree with most of the things you've said.

[Speaker 7] (2:27:02 - 2:27:19)

However, I didn't understand what you meant about some of the cultural things that people do as being an escape necessarily, and limiting them from really seeing their own selves. For instance, film, theater.

[Speaker 1] (2:27:19 - 2:27:23)

No, I said an escape from our feelings.

[Speaker 7] (2:27:23 - 2:27:40)

They may not see. They may be strictly cultural things, and may not be covering up. You're right.

And so, I can see a person even with your method, when they finally are able to enjoy life, doing even more of those things in a more happy way.

[Speaker 1] (2:27:40 - 2:28:16)

Yes, yes. Look, I agree with you. It could be.

It doesn't have to be as you said. Right. Now, what we do is set out some basic principles, and as I said, we're not going to tell you you're going to fly, but we tell you your life will begin to get better in many aspects.

You will increase your happiness. You will increase your well-being. You will get quieter and calmer in your everyday life.

These things you will do.

[Speaker 6] (2:28:18 - 2:30:52)

I'd like to say something about I know we have some performers here tonight, some actors or performers, and I'd like to just say a few words about that aspect, because I know some of you are here. One of the problems in performing is the uptightness we get when we have to go on stage. That can be eliminated.

Another problem with performing or getting into a performing situation are auditions. Those things can be handled. You can use the method before the audition.

You can use the method during the audition. You can use the method after the audition. It's usable.

It's practical. And another aspect of the performing area is in feelings. Actors use their feelings.

Singers use their feelings. The more feeling you have, the more effective you can be as a performer, whatever your craft may be. Musicians also.

Now what we say is that most of the time you have to work around your suppressed feelings that are pushing you. You get uptight about the audience, about some guy in the audience that's falling asleep or talking to somebody while you're trying to perform, and to the degree that you get involved with what's going on out there, your performance suffers. Okay, you have to work around your own feelings in order to perform.

We say get those compulsive feelings out of the way, and you open the channel for that creative energy to flow so beautifully. You don't lose your feelings. You only widen your range.

You don't lose anything. You only gain. You gain mastery over your instrument.

You can take a feeling that's required for a part and bang, you've got it. You don't have to go into your childhood to figure out what you're going to use to get you that feeling. You don't have to be afraid to experience anger on stage because you're afraid you're going to really hurt the person you're playing opposite.

You don't have to work around your own feelings. You can dump those compulsive feelings, the ones that scare the heck out of you, and then you're free to have any feeling you want any time you want to whatever degree you want. So I know we have some performers here, and I wanted to include that for that particular group of our gathering tonight.

[Speaker 1] (2:30:54 - 2:31:30)

To sum it up, we are now working around our own subconscious pushes and pulls. When they're out of our way, as a performer we can put whatever feeling we want into action to whatever intensity that we want for as long as we want and when we're finished with it we drop it as though it never was and can go into an entirely opposite feeling with ease. When the subconscious feelings are out of our way, we are in total control of our feelings.

[Speaker 2] (2:31:31 - 2:31:41)

Do you think this will replace psychiatry? Do you think your method will or should replace psychiatry?

[Speaker 1] (2:31:41 - 2:31:51)

It will not replace psychiatry because people want psychiatry. It is extremely more effective than psychiatry, yes.

[Speaker 2] (2:31:54 - 2:32:19)

Well, as I understand what you're doing you're pointing out limitations to the imperfections and the removal of these limitations through the emotional transplantations to the perfection. And that when we utilize these methods we'll then have a perfection of these abilities and of these things which is already our perfect being.

[Speaker 1] (2:32:20 - 2:32:27)

Yes, we move in that direction. As we get the limitations out of our way we are less and less limited.

[Speaker 12] (2:32:28 - 2:32:29)

And that's perfection.

[Speaker 1] (2:32:31 - 2:32:32)

It's moving toward it.

[Speaker 2] (2:32:34 - 2:32:39)

And that already exists, only we're not aware of it. Is that what you're saying?

[Speaker 1] (2:32:40 - 2:32:41)

It's our potential.

[Speaker 2] (2:32:44 - 2:32:46)

In other words, it already does exist, we have to build it.

[Speaker 1] (2:32:47 - 2:32:53)

We have to get the blocks out of the way for that potential to manifest.

[Speaker 5] (2:32:53 - 2:32:57)

And it does already exist. Potential exists.

[Speaker 1] (2:32:58 - 2:33:03)

The potential exists, yes. I think we're into semantics.

[Speaker 2] (2:33:05 - 2:33:07)

How long have you been working on your own particular case?

[Speaker 8] (2:33:09 - 2:35:16)

Excuse your own particular case. Can I say something maybe to verify a couple questions that you've been bringing up? Now, I understand this is mind freedom.

That's what you're projecting. Right? As far as what they have been asking, it's all about self.

Becoming aware of self. That's what the subconscious mind is all about. Now, when you come about to become aware of self, you must give up a whole lot of things.

That's what you were saying earlier about to come in harmony with love. In order to love, you must be heated. There's a balancer for everything.

For negative forces, there are positive forces. But you need both forces to create energy. Now, my personal viewpoint, my personal life, I'm 26 years old.

I'm from Ohio. Dayton, Ohio. I've been up there for five weeks now.

I have a what do you say? I'm an actor. I am an actor.

But I'm not on the silver screen. I act every day out here on the street or a building or whatever. Because I program my subconscious mind to do anything I want to do.

Okay, my mission of coming to New York City, I had ten natural fingernails as long as these. These are my natural nails. Okay, and in order for any individual, not male or female, to grow natural nails like this, you must be in tune.

So, it's all about the mind. Whatever you want, you can program your subconscious mind, and your subconscious mind will find these things that you're looking for. And this is what freedom is all about.

In order to become free, you must be locked in. And your body is, it's all about the mind, it's all about the physical, but you must always believe that the spiritual controls all of that.

[Speaker 11] (2:35:16 - 2:35:18)

And the mind is spirit.

[Speaker 8] (2:35:18 - 2:35:21)

Lee? Tooken the course of what, life?

[Speaker 6] (2:35:22 - 2:35:23)

No, no.

[Speaker 8] (2:35:23 - 2:35:34)

This is the first time I've been up here. Are you teaching your own course? No, I'm just asking some questions and asking some, sir.

Now, who are you employed at? Are you employed? No.

You self-employed?

[Speaker 1] (2:35:35 - 2:35:39)

Uh, don't know. Let's not get involved in these things.

[Speaker 2] (2:35:40 - 2:35:41)

Alright.

[Speaker 1] (2:35:41 - 2:35:51)

We accept what you say as being what you see, what you do, and it sounds good to me.

[Speaker 12] (2:35:51 - 2:35:51)

Okay?

[Speaker 1] (2:35:52 - 2:35:59)

Yeah. Alright. Now, I would like to answer your question.

[Speaker 2] (2:36:00 - 2:36:17)

Yes. You've been working on your own personal situation for a while. Yes.

I don't mean to be offensive, but you don't look that happy. When I came... Nothing succeeds like success, and you don't look that happy.

[Speaker 1] (2:36:20 - 2:37:00)

...that no one can ever disturb. And that, I say, is the goal. That is nicer than even happiness.

When you get to a high degree of joy, where joy gets very intense, even the joy itself can get to be disturbing in that it's too much action. There's a nicer state than joy called peace. I'm calling it calmness.

And I say that is the goal. And that when you get that, you're in the nicest place there is.

[Speaker 2] (2:37:00 - 2:37:03)

By the way, Lester, if you did look like Alfred E.

[Speaker 8] (2:37:03 - 2:37:22)

Newman all the time, I don't think anyone would like you. Not because of nothing, but you say this whole concept is tied by inner peace, right? Outer peace, too.

Outer peace also. No, we're projecting your physical.

[Speaker 1] (2:37:22 - 2:37:31)

Yeah, get to the place where things and people do not disturb you. And that's what I mean by outer. People are out there.

[Speaker 8] (2:37:32 - 2:37:35)

But in other words, what you're running Let me finish with this gentleman.

[Speaker 1] (2:37:36 - 2:38:23)

Let me finish with him first, please. I want to satisfy, to the degree that I'm capable, your question. I have used the method.

I reached a place where I have no problems in life. I know the mind is only creative. I'm

able to use my mind to create whatever I want.

What I discovered, I would love to see others discover also. I am trying to get it out so others can discover that there is a place where they can be, where they are disturbed no more. Ask me your question again.

[Speaker 2] (2:38:23 - 2:39:02)

I know most doctors when they come upon a discovery, let's say, psychiatrically, will make it known to the medical professional through a paper or a publisher in the AMA magazine or whatever. In other words, they'll make it public. Right, because we have been very quiet.

[Speaker 1] (2:39:02 - 2:40:40)

This week, we started advertising the first time we moved out. And I'm questioning whether I should. We're not that noisy as you say the others are in shouting our wares.

Well, what we have is really nothing new. Everything I said has been said by many others and is as old as man is. The potential of man has always been known, right?

I haven't said anything new that you haven't heard before, have I? I say that is true. I have it.

I can't prove it to you. The best proof you can get is talk to someone who's been through it and whom you have confidence or the only real proof is if you take it yourself. Are there any graduates here who would care to speak out?

We don't use pressure. We don't believe in that. Are there any graduates who would like to tell their experiences on how they have been helped in their lives?

[Speaker 7] (2:40:41 - 2:44:04)

Well, I will say that as far as you're saying the message, what it is is a tool. Yeah, I have taken a course and I probably have been involved and heard about Lester when he was in Arizona and from a friend of mine here in New York, an actor, and he was just starting this course, and this was two years ago, and I flew out to Arizona and stayed there for about 10 days and took this course and I was sort of saying there was a center there and I took it there and then I came back to New York and used my tool and the advantage I see it is that there is something that you can use in every circumstance and every situation and it's directly connected with you and where you are at that particular moment and I mean I've studied metaphysics and I've studied various other things which all say all the truth in very glowing terms and I was raised knowing that I was an infinite being I was told this since I grew up and I mean that's great to hear, I mean it's lovely I haven't lived through being forever but you know there are lots of things that come up,

you know, and I have crisis and tears and battles and all kinds of things and this way of looking at not only yourself but looking at human behavior in general is absolutely fantastic and it is a very simple way it's not complex, that's the genius of Lester, is he has been able to put it in the simplest form and I think the simplest thing for the best and the easiest way to do it and it's sort of for 20th century viewing it's sort of for the way we live, it's sort of not to go into an institution and sit as a monk and meditate but it is within our complex society that it works the best and I will say that I have a 15 year old daughter and it's all ridiculous and it's helped with her age group too and it's one of those things as much as you use it it works well I will say that it's well my one problem was I had sort of a when I went to Lester I was I was in a very apathetic state in a state of grief where things in life, I would cry, I mean I couldn't, if I was talking to a business person or something went against my coil I would suddenly, these tears would come up and if I would get into this incredible situation I couldn't function you see, I was and I was able to see this and able to see why it was, where I was and to rid myself of it and sort of progress up the ladder in all things that were holding me back in this field and I am an actress, an actress and a creative person and I was also able to see that I was able to tap into my own creativity and my own intuition

[Speaker 2] (2:44:05 - 2:44:07)

far greater than I could ever dream I would be able to

[Speaker 7] (2:44:19 - 2:44:21)

I have no desire to do that

[Speaker 2] (2:44:21 - 2:44:23)

or anyone else who would think to

[Speaker 7] (2:44:23 - 2:44:47)

they certainly could I mean I'm sure you'd like to start a course but I mean I enjoy mind freedom and I've enjoyed working with Lester and I've enjoyed the people around us and I've enjoyed supporting it without, I mean I have too many other things to do rather than start my own

[Speaker 11] (2:44:47 - 2:45:24)

I want to say something about what you just mentioned the simplicity of it is the most mind blowing part of it and just the idea of trying to make it more simple than it is is well first of all there's only two directions you can possibly go you can make it more complicated which wouldn't be the method which would be a lesser thing, you couldn't get more simple so you couldn't go the other way it's just

[Speaker 2] (2:45:24 - 2:45:28)

the process the process is that someone learns and they can pass it on to someone else

[Speaker 7] (2:45:29 - 2:45:53)

not necessarily, it's just like it's very simple to use a hammer but there is a skill yeah it does take practice and it also takes energy, it takes skill and it's a method that you and it takes time and it's something that can't just in five minutes you could say what it is but it's one of those things where you have to experience it

[Speaker 2] (2:45:53 - 2:46:54)

that's why it's structured for 30 hours it's structured in such a way that you learn as you're going on the first day when I said I just graduated two weeks ago or so the first day I was using the method and sometimes when a person uses it they get overwhelmed with such joy they start laughing a lot I didn't laugh that much I just relieved me and just enjoyed myself I didn't laugh so much and the greatest thing for me is that my girlfriend also said you've got a beautiful relationship it is it's very permanent you can use it as much as you want the more you use it the more you've done and if you're in any situation anywhere with anyone you carry it with you that's the school of the work it's great I want to say something else

[Speaker 6] (2:46:54 - 2:47:03)

the greatest thing it's done for me is gotten rid of the thing called despair despair one thing I can say is permanently gone

[Speaker 11] (2:47:03 - 2:47:37)

anything that comes up I can handle it I may choose not to handle it but the joke's on me you know I see it immediately let go of it and it's gone there's nothing in the way of your unlimitedness except your own holding on to concepts of limitation and that's all we're holding on feeling very holy about it you're like a holy man

[Speaker 10] (2:47:37 - 2:47:39)

it sounds when everybody's saying

[Speaker 11] (2:47:39 - 2:47:41)

and the way you're saying

[Speaker 10] (2:47:41 - 2:47:44)

it sounds pretty nice and beautiful

[Speaker 8] (2:47:44 - 2:47:55)

and it's everybody is always saying you're happy how was that

[Speaker 12] (2:47:55 - 2:47:58)

do you come up with anything?

[Speaker 1] (2:48:06 - 2:48:35)

our unhappiness is due to the suppressed garbage that we're holding the inhibitions and the compulsions cause our unhappiness as we dump them we gain happiness and it's permanent from here on and the more we dump the happier we become so as time goes by we get happier but what we dump is dumped permanently

[Speaker 2] (2:48:35 - 2:48:37)

whatever it is

[Speaker 1] (2:48:42 - 2:49:09)

anything that you accepted from your parents is a better way to put it yes no the order of suggestion is programming we try to deprogram all the programs all these programs are of limitation we get the programs out of the way the intuitive thing

[Speaker 2] (2:49:09 - 2:49:10)

that we are comes through

[Speaker 5] (2:49:13 - 2:49:22)

how do you counteract years of habits I mean until we can counteract a whole lifetime of bad habits

[Speaker 1] (2:49:23 - 2:49:30)

you're shown a method that becomes a tool that you use in your everyday life

[Speaker 7] (2:49:30 - 2:49:33)

wouldn't you flip and forget the tool and go back to your old

[Speaker 1] (2:49:33 - 2:50:38)

no because it's so basic and it's so cover all you can't help but see it in the world as you go through the world you just see it it's a simple presentation of what it's all about you cannot help but see it in your everyday life the group is usually 10 to 12 people it's informal we work around a table as we present the data we try to get you through the

experiencing of it and you experience it others experience it and when one is experiencing usually others experience with them in actually dumping the subconscious pressure, drive inhibition, compulsion these are different words for the same thing you're in a way of dumping the subconscious pushes in full

[Speaker 2] (2:50:38 - 2:50:41)

is the reading material involved?

[Speaker 1] (2:50:41 - 2:51:06)

no no we give you the total picture on a chart right in front of you but the way it's taking you through it experiencing you through it and how to get a handle on the subconscious suppress all that stuff you get a handle on it and you actually just join the dumping

[Speaker 2] (2:51:09 - 2:51:18)

good could we have a just a sort of a brief demonstration of this I can't

[Speaker 1] (2:51:18 - 2:51:19)

demonstrate it

[Speaker 2] (2:51:19 - 2:51:34)

if someone is up against a difficulty or a ridicule someone has just gone over to them and given them a nudge and a dare you look and say you damn fool you remind me of my mother what would you do?

[Speaker 1] (2:51:34 - 2:51:52)

does any graduate want to answer that? if not I'll answer it you get your disturbed feeling in a certain way that you can actually discharge it and you're not disturbed that is very

[Speaker 12] (2:51:52 - 2:51:55)

vague you don't say what you want

[Speaker 2] (2:51:58 - 2:52:01)

how do you get rid of it what do you do

[Speaker 5] (2:52:01 - 2:52:03)

I want the actual application

[Speaker 2] (2:52:03 - 2:52:04)

here's the answer

[Speaker 1] (2:52:04 - 2:52:15)

I cannot tell you experience the reasoning mind can never ever comprehend it it's an experience of ridding

[Speaker 2] (2:52:15 - 2:52:28)

yourself of suppressed feelings reasoning mind is an abstraction it's based upon experience and life and feelings there's an analogy that people say that will speak to my experience

[Speaker 1] (2:52:28 - 2:53:13)

not true if your reasoning mind could do what we say you would have it you would have it you would read it you've already read it in books you know what it takes to be happy if your reasoning mind could do it you'd have it the price of the course is $195 for the two weekends your midday meal is included

[Speaker 12] (2:53:20 - 2:53:21)

same price

[Speaker 2] (2:53:35 - 2:53:57)

$300 $300 we don't have 250 people

[Speaker 1] (2:53:57 - 2:54:02)

we have about a dozen and we worked with each one

[Speaker 7] (2:54:09 - 2:54:11)

is your experience that it has been anyone no

[Speaker 1] (2:54:17 - 2:54:22)

one could choose not to use the method and not be successful

[Speaker 7] (2:54:24 - 2:54:29)

but if there is somebody who wouldn't want to use it

[Speaker 5] (2:54:29 - 2:54:39)

as far as it's possible I don't know the method so I'm speaking out of my head then it would not be successful

[Speaker 1] (2:54:39 - 2:54:56)

there are different degrees of success but there's some good gotten by everyone the totality of the presentation shows the simplicity of it so that each one does gain

[Speaker 2] (2:54:58 - 2:55:15)

not yet do you offer reinforcers like additional weekends or days or hours

[Speaker 1] (2:55:15 - 2:56:14)

for those who want more we do have a workshop every Wednesday night the people who have had the course some have dropped smoking with no fight I think the majority are still smoking or were smoking some have lessened most of them have lessened their smoking who haven't dropped it some have dropped it with no fight some have dropped overeating wouldn't you say that the goal that people might have would be essentially right thinking rather than getting rid of obsessions like smoking, overeating, drinking whatever, drugs that's more important right thinking will get you to the right place

[Speaker 2] (2:56:21 - 2:56:23)

correct or wrong thinking

[Speaker 11] (2:56:23 - 2:56:29)

the thinking is the thinking is thinking is caused by the compulsion

[Speaker 1] (2:56:29 - 2:57:31)

our feelings motivate our thoughts we get hungry, we think how to get something to eat we are cold, we think how to get ourselves warm we want to make money we think how to get a job we're in a job, we think what we must do to maintain that job see, the feelings motivate the thoughts the ultimate state is when your mind is at peace and has no thoughts until you want to put a thought in. Today we're plagued by thoughts, whether we want them or not so the ultimate state, yes, is to get to the place where the mind is totally at peace when you get there, the harmony that is natural to the universe will manifest for you life gets to be less and less requiring of effort.

[Speaker 2] (2:57:32 - 2:58:04)

We can't reach a place where it's almost effortless everything falls into line for us tell me Lester, how do you deal with someone who says, I have a pressing problem right now, and I can spell it out what do you do with that? They immediately apply the method because I have a pressing problem right now and I'm wondering if, even though I didn't take the course, if I could apply the course to my problem you would have to no, it's not that forceful.

[Speaker 1] (2:58:04 - 2:59:24)

You would have to learn how to use it you're so conditioned to do the opposite right now if I told you what it was you couldn't use it but when you go through it again and again and again for 30 hours by experience you see oh, it does work and you'll never understand it because there is no understanding to it yet we give you the intellectual understanding of it the the the outer, what you think is understanding, but the real understanding is the experiencing it's in the feelings where we get straightened out we get rid of the subconscious drives there's no understanding of the subconscious drives if there were you wouldn't have them you wouldn't be plagued by them where does love come in? love love love is our really basic inherent nature and all these subconscious feelings cover it over are you full of love now? yes show us how you feel love if you don't feel it I can't show it that's a cop out because if you are unlimited

[Speaker 2] (2:59:25 - 2:59:39)

then nothing can limit you not even my limitation therefore show me that you feel and express and project love don't say I can't do it because that's a confession of limitation I am not

[Speaker 1] (2:59:39 - 3:00:04)

at that high goal yet and I have not said that I am and love is a thing you experience love isn't a thing I tell to you I love you, I can say I love you, I love you, I love you all day long and be thinking of how to hurt you my wishes for you are only the best, I want you to have what you want and that's where my love comes

[Speaker 2] (3:00:05 - 3:00:12)

a few more indulgences there's so many much better, I'll tell you

[Speaker 1] (3:00:14 - 3:00:16)

I can't tell the price I can only present

[Speaker 2] (3:00:16 - 3:00:24)

I have two questions that are kind of related, first are the experiences of other people necessary hurtful?

[Speaker 1] (3:00:26 - 3:00:42)

you can do it on a one-to-one basis there's only one reason why I haven't it's impossible if I could

[Speaker 12] (3:00:42 - 3:00:45)

if I could have

[Speaker 1] (3:00:47 - 3:01:26)

I won't be putting myself through this ever you see I know the mind laws, mind is only creative we create only that which we hold in mind, unfortunately we're holding most of our stuff subconsciously and creating things we think we don't want because we don't see that we're holding negative thoughts I have no problem with life, I don't need this it's only out of what he's talking about compassion, I would love to see others get this as soon as this will get on it's feet I'll step out of it, I don't need it I don't need the glory

[Speaker 2] (3:01:28 - 3:01:29)

I have another answer

[Speaker 1] (3:01:30 - 3:03:17)

it's out of compassion that I'm doing what I'm doing I'll tell you this it'll be the biggest bargain you ever will have had in your entire lifetime this I know I can't prove it to you if you don't have faith in it you know I'll tell you on the guarantees I'm telling you my experience with it, I could do it very easily, I have seen several people not get it because they're a guarantee I've seen it used by the person, not to get the course and I'll tell you the reason why I charge for 24 years I put this out not only would I not charge, I wouldn't take a donation donations were collected and given to me and I'd turn them back I was aware of my doing a disservice to people but I just couldn't charge Freud said it way back in the beginning unfortunately my patients get better to the degree that they have to pay for it we are subconsciously so conditioned to value in accordance with what we put out if I didn't charge you I would be doing you a disservice

[Speaker 10] (3:03:20 - 3:03:21)

what I do

[Speaker 1] (3:03:22 - 3:03:50)

this is a love I have which I wouldn't do to you I have only put it out in an organized way now, charging for it in the past two years, I started roughly about two years ago and I have I had far more effectiveness in the past two years than I had in the previous 22 years

[Speaker 10] (3:03:53 - 3:03:53)

because

[Speaker 5] (3:03:54 - 3:05:09)

this money talk almost gets me itchy to say something, I'm a graduate and I had the same feelings when I came here the first time I didn't know anybody, I read the little notice somewhere and it sounded like a rip-off to me because they don't tell me what it is they come and find out some intuition said to me okay, rip it, you had lost it before and I took it and now, five months later it is so incredible what I've gotten for it it's not even that dramatic, I wasn't lying in the gutter and was screaming in pain no, I was pretty well adjusted because I had taken everything, you name it religious life, mind control a lot of Buddhism, I've gone through many paths and I took something from each path and I felt I was getting better and I was functioning very nicely, thank you but underneath there was a great deal of pain, I kept it down and it worked, and this has taken this pain and literally dissolved it and I'm in a state which is absolutely beautiful and believe me, $195 it's ridiculous to even talk about and no matter what your financial condition is, if you had, I mean it's worth that and many thousands more, if you go for two or three years to an analyst, you would consider 3,000 cheap, surely

[Speaker 10] (3:05:10 - 3:06:23)

and they said... I want to say I want to say that well, number one it worked for you just as, you know, many people want to weigh in or one-eyed psychiatrists like them very well and yet many thousands of others who want a torn-iron Freudian psychiatrist, it hasn't worked for them so what's good for one may not be good for the other and also I wanted to comment on the old way of psychiatry when they said if you don't pay for it you won't get better or you won't get better, it's bad it has to be sacrificed well there's a recent report in psychology today that said that they found that even when the patients don't pay for it like when they get it on Medicaid or in a clinic the amount of people that get well or that don't get well is the same as

[Speaker 5] (3:06:23 - 3:07:31)

for the ones who pay or... I'm not talking about just getting well I'm talking about being in a state where the world can do its thing but I'm not affected the same way I was before, that's something which is far beyond well how has your life changed?

well first of all that I stand here and talk that's a change that's a big change, and I don't feel uptight about it, if you all could tell me to shut up and sit down I wouldn't feel rejected now, rejection has been a major thing in my life, it wasn't always acknowledged but it was there and in many relationships it came out inside and it did those little things that weren't very nice that is a change which is very dramatic to me maybe not to you, but to me it's a big one in other words, it makes everything easier including if the landlord gives me a hard time, I don't get uptight and I'm able to function better, I can see better I can feel better with him professionally I'm functioning very well

[Speaker 2] (3:07:31 - 3:07:33)

excuse me, you said if the landlord gives you a hard

[Speaker 8] (3:07:33 - 3:07:39)

time, you said well you're addicted to me, you can smile just faculty things and walk out

[Speaker 5] (3:07:39 - 3:07:58)

well, as you asked me a direct question, the answer is yes it's not that much more it's not that important anymore what the world does to me, how I react to it I find a way, I feel relaxed about it I would have been shaken up, say a year ago, yes

[Speaker 12] (3:07:58 - 3:07:59)

have you been able to deal with things

[Speaker 2] (3:07:59 - 3:08:02)

that have happened in your childhood that you've been upset about

[Speaker 5] (3:08:02 - 3:09:53)

oh, that is so big I can't even start talking about it, it would take me three weeks to explain to you I have literally shed these things like shells, like an egg that has 50,000 shells that came off just by themselves and as they came off, that's what we call letting go it's like I'm flying like in a balloon and the baggage comes off and I'm just floating because these things that happen, even things that I don't remember, they're still, the computer carries them forward and presses and presses and they are coming off yeah, that's probably the greatest one and this one?

well once it's done once it's done it doesn't come back, I have a very simple example which may not be terribly dramatic, but I have a little dog and I'm very fond of him, he's 12 years old and he's a little sunshine in Yorkshire Terrier, and right after I took the course he came down with a growth and it became, it was cancerous and it was very sad, but I applied the method and I saw him suffer, very deeply suffer, and I was not affected in the same way, I was able to love him more, but not suffer however, four weeks ago he came down with a second cancer, growth and this seems to be really serious and this time I did not have to go through the same process again, it worked that to me was a big thing because I thought I would have to go through the same thing and apply what I learned, it didn't have to be it was an identical situation and it didn't need to be redone, that doesn't mean if a new situation would come up I wouldn't use the method, but this time I had a proof, and a dog, what is emotionally attached to it, however I'm letting myself love him more because I'm not worried about losing him now, which is foreseeable in the near future not worried about suffering because I can just allow myself to love and not to make a friend

[Speaker 8] (3:09:55 - 3:09:57)

excuse me

[Speaker 5] (3:09:58 - 3:09:59)

excuse me ma'am

[Speaker 8] (3:09:59 - 3:10:11)

while you're taking this course here do you feel like you are the master of yourself are you the cause and effect of everything that happens to you through this course

[Speaker 5] (3:10:15 - 3:10:18)

I'm accepting I'm accepting, I mean do you feel like

[Speaker 8] (3:10:18 - 3:10:24)

you are the master of your own self I feel that I'm in harmony

[Speaker 5] (3:10:24 - 3:10:25)

yes, I feel that, yes

[Speaker 8] (3:10:25 - 3:10:36)

you are in harmony you are the cause and effect of everything that happens to you without this course you would have never been able to obtain

[Speaker 5] (3:10:37 - 3:11:02)

harmony I might have, but certainly not in this length of time in these five months from where I can see it's incredible, that's something I've never seen before, I have taken things from everything, if you sit long enough and practice Buddhism you get better, but it takes a very long time and there was a great deal of pain underneath even when I was peacefully meditating that I could not cope with

[Speaker 12] (3:11:12 - 3:11:13)

no

[Speaker 1] (3:11:22 - 3:11:35)

what you're dumping are really subconscious inhibitions and compulsions none of which are any good every bit of which is interfering with your

[Speaker 2] (3:11:35 - 3:11:37)

freedom in life

[Speaker 1] (3:11:43 - 3:11:55)

see what I say is the same as what you've heard from many schools but our method is not like any other one

[Speaker 2] (3:11:56 - 3:11:57)

it's unique

[Speaker 12] (3:12:02 - 3:12:02)

right

[Speaker 2] (3:12:12 - 3:12:22)

awareness awareness in other words interpreting the feelings that come from the so-called unconscious making them conscious, illuminating them

[Speaker 1] (3:12:22 - 3:12:41)

no, we don't interpret we don't dwell in them we discharge them dump them we say all the subconscious feelings are nothing but garbage and if you're dumping garbage why bother examining it and smelling it and looking at it dump it, be rid of it

[Speaker 2] (3:12:41 - 3:12:44)

but how? how do you dump it? that's the course

[Speaker 1] (3:12:47 - 3:12:59)

it'll come to this I can't give it to you with the same mind as I said before, if I could have it would have been in a book and I could have spared myself all this

[Speaker 2] (3:12:59 - 3:13:14)

no, it seems to me that the leaders of ESC and those other things and yourselves as well are asking the public to find to buy something on faith now I don't say that

[Speaker 1] (3:13:14 - 3:13:28)

I'm not saying on faith talk to those who have been through it even that through the unsolicited testimonials or even solicited testimonials that we've had

[Speaker 2] (3:13:28 - 3:13:43)

very very nicely, especially that lady but still it's buying something on faith because

we're looking at an obviously sincere woman over there who's speaking positively for the course

[Speaker 1] (3:13:43 - 3:13:45)

I'll go along with you

[Speaker 2] (3:13:45 - 3:13:48)

and if I were to say yes I think I'll take it I'm buying it on faith

[Speaker 1] (3:13:48 - 3:13:52)

yes, you have to have a certain amount of faith that's right

[Speaker 10] (3:13:53 - 3:13:56)

did you ever buy a tuna fish sandwich?

[Speaker 12] (3:13:56 - 3:14:10)

on faith no you never know you never know yeah it's the same principle what's the difference between it's only a dollar or so

[Speaker 2] (3:14:12 - 3:14:13)

rocks, elbows you can have anything

[Speaker 8] (3:14:13 - 3:14:29)

but you trust it's a tuna fish sandwich you've checked out you're sensitive told you here's a going restaurant and they're obviously not poisoning people and some of the people seem to be enjoying the meal and the ambience and so forth same principle, look around

[Speaker 10] (3:14:29 - 3:14:52)

talk to us after the meeting do you want to talk? yeah but I wanted to say but that's a little bit you can stretch that even brighter and say like, well I will come over and say look I know a good deal secret thing you know what I mean